

The Kewaunee County Public Health Connection

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Let's Talk About Health



Health is something we think about all the time. Whether it's thinking about how we are eating, if and when we need to exercise, or how much water we are drinking, health finds a way to sneak into our minds. While there are some aspects of health that are out of our control, like access to healthcare or air quality, there are endless health choices within our control that we make every day.

With that being said, 32% of adults in Kewaunee county are considered obese. That's 1 in 3 people! While it can be easy to put the responsibility on these people to make a change, the reality is the responsibility is that of the community. We are all a part of this epidemic whether we think it or not. In order to make a positive change in the health of our community, we all have to step up to the plate and join the effort. How can you help yourself and someone else today? Ask a friend to go for a walk, make a delicious and healthy dinner for your family, or plan a play date with your kids. If we all make baby steps toward a healthier today, we can make strides in our community for a healthier future.

Family Fun Walk

Join Us for a 2-mile family walk on
Saturday September 28, 2019
Walk Starts at 8:30 AM



At Ryan Park
N4760 County Road C
Kewaunee, WI 54216

Calories In, Calories Out

The idea of monitoring calories in and calories out has been the standard of weight loss for decades but is it really that simple? If done correctly, this method can be effective for weight loss but I'd like you to try to think beyond just the calories.

First off, have you ever considered what comes alongside the calories in the food you are eating? If people do look at the nutrition label, I've noticed most times they just glance at the calories but I encourage you to think beyond just that. Let's talk about a donut. We all know they are delicious but what's actually in a donut? Lots of flour, oil, sugar, eggs, and maybe a little salt, right?

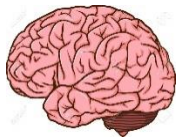
Have you ever taken the time to think about what those ingredients will do for your body? Will they help you function to do all of the things you want to? If you haven't considered these questions, I highly encourage you to think about them every time you put something in your body. **The truth is, you are what you eat.** Food can affect your ability to do things, your mood, how you feel-- everything! Look for nutrient rich foods with vitamins, minerals and fiber included.



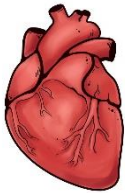
If you are looking to lose weight, calorie counting can be extremely helpful for understanding which foods are higher in calories but it is important that it doesn't consume your every thought. Make simple changes that you will still enjoy like eating oatmeal and peanut butter instead of a bagel and cream cheese. Just remember to think beyond the calories and what the rest of the ingredients will do for your body. Over time, these small changes will make a big difference.

The Real Cost of E-cigarettes

E-cigarettes, also called vaping or juuling, have become an increasingly popular hobby, especially among youth and teenagers. Although some may believe it is harmless, this activity is extremely dangerous and can have short and long term effects on health. Here are just a few ways it can impact health:



Nicotine in e-cigarettes release feel good chemicals in our brain that can lead to addiction. Nicotine can also effect brain development in teens leading to decreased attention span, learning impairment, and mood disorders.



When using e-cigarettes your heart rate and blood pressure go up, making your heart work harder to get oxygen to your cells. Over time, this can increase risk for heart attack and stroke.



Nicotine can cause rapid, shallow breathing, permanent lung damage, and higher risk for lung disease and lung cancer.



Smoking e-cigarettes can increase risky behavior. Those who vape are more likely to smoke cigarettes or marijuana.

If you or a loved one is looking to stop, there are plenty of resources available including,

- This is Quitting: Text Quit to 202-804-9884 for story sharing, text support, and training tools to help you quit.
- QuitSTART mobile app: QuitStart takes your vaping history and gives you tailored tips, inspiration, and challenges to help you become smoke free
- Wi Tobacco Quit Line: Telephone coaching available at 800-quit-now.
- SmokeFree TXT for Teens: this 6-8 week program for you adults will sent 3-5 messages per day to help them quit

Creamy Vegetable Soup

Makes 4 servings

Ingredients:

- ¼ cup chopped broccoli
- ¼ cup chopped carrots
- ¼ cup diced potatoes
- ¼ cup chopped celery
- ¼ cup corn
- 1 tablespoon butter
- ¼ cup diced onion
- ¼ cup flour
- ½ teaspoon sage
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 ½ cup chicken broth
- 1/3 cup milk
- 1/8 cup parmesan cheese



Directions:

1. Melt butter in a large saucepan. Add onions and sauté for 2 minutes. Stir in ½ cup of broth. Add flour, sage, salt, and pepper. Heat until bubbling then add vegetable and additional ½ cup of broth.
2. Cover and cook on medium heat for 12 minutes until vegetables are soft. Add remaining broth, milk and cheese. Stir well until combined.
3. Cover and simmer for additional 15-20

The Kewaunee WIC Program is here to help!

Do you know someone with an infant or child who is having trouble making ends meet? Have them call the WIC Program to see if they are eligible!

Open Monday –Friday 8AM to 4:30 PM.

Call (920) 388-7160 for more details!

